Winnipeg metro

MONDAY, AUGUST 29, 2016

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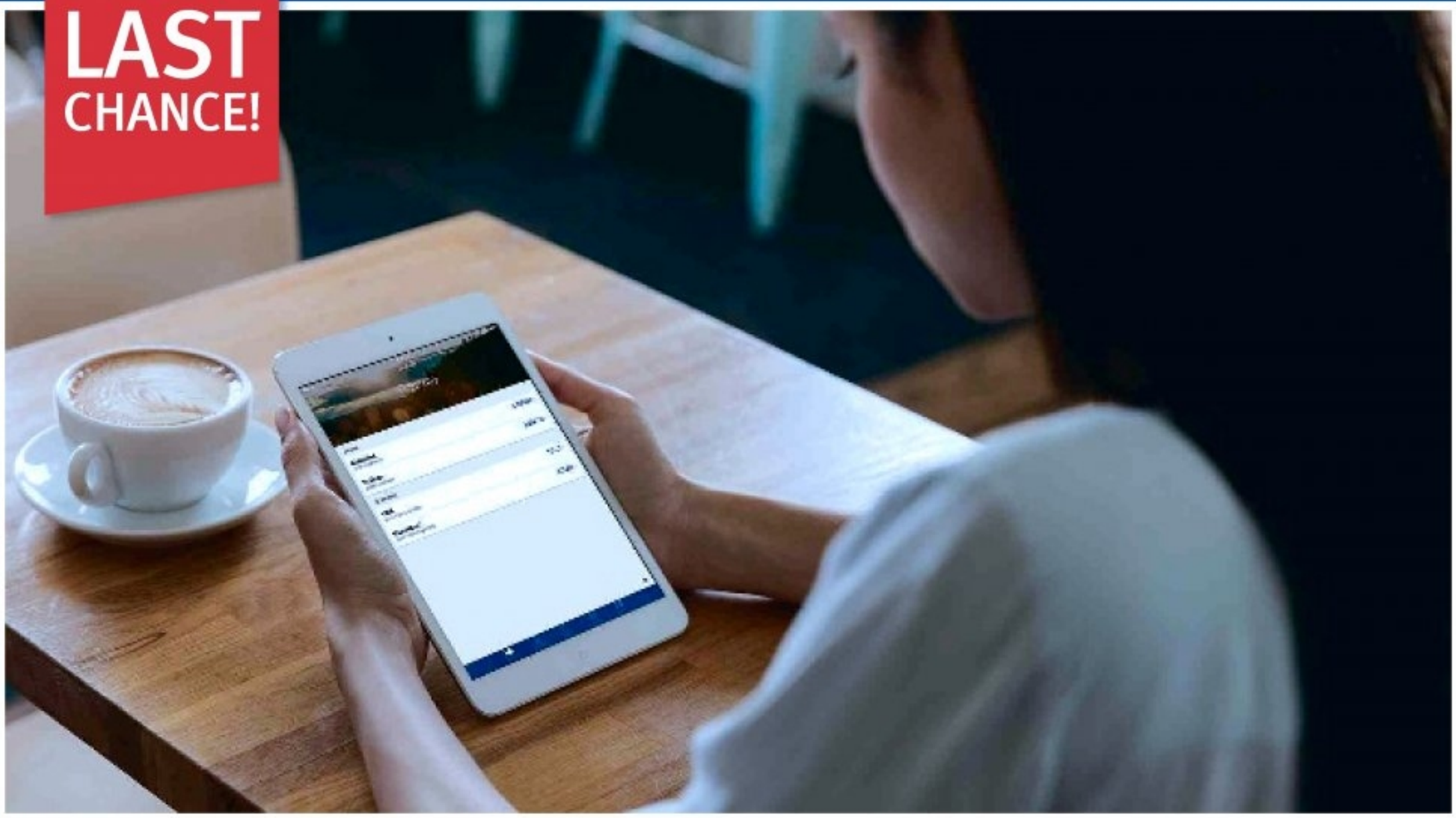

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CITY OF CYCLISTS

MOBILITY

City hall to start tracking how our roads are used

Stephanie Taylor
Metro | Winnipeg

We are a cycling city, and the City of Winnipeg wants to prove it.

Starting next month, new bike and pedestrian counting technology will be installed at 40 sites around the city, according to Stephanie Whitehouse, municipal active transportation co-ordinator.

Half of the new monitoring sites will be located downtown, she said, explaining that cameras will be used to capture video of how many of those on foot, bike or vehicle make use of our city's roadways.

She said the new devices will be funded by $50,000 set aside in the 2016 pedestrian and cycling action plan, which is part of a city-wide 20-year $330-million walking and biking strategy.

Currently, she said, the city relies on bike data provided by advocacy groups such as Bike Winnipeg, the Green Action Centre, and the Winnipeg Trails Association — which, in 2013, installed similar technology on 10 routes, including the Bishop Grandin Greenway and the Transcona Trail.

Whitehouse said the new data will aid the city's ongoing planning and priority setting for future expansion of bike lanes and walkways by illustrating how usage levels change before and after new infrastructure is installed.

More data will also hopefully prove that more people get on bikes, or choose to walk, than some may think.

"Winnipeg is a cycling city," Whitehouse said.

"Active transportation is an important part of this city.... It is growing."

Mark Cohoe is the executive director of Bike Winnipeg, and welcomes the city's move to collect better bike data.

He believes we are playing catch-up when compared to other Canadian municipalities, and said there is a lack of accurate information on how many people actually bike and walk due to the absence of around-the-clock electronic monitoring.

Unlike when volunteers preform bike counts, he said electronic counting can happen automatically, and happen 24-7.

Active transportation is also often excluded from the city's traffic counts, which keeps track of the amount of vehicular traffic by laying down road counters.

"We don't have the same level of knowledge of how people are walking and biking on our streets," said Cohoe.

+ COUNTERS

Some of the sites the city will be counting bikes:
McDermot Avenue
Garry Street
Pembina Highway
Des Meurons

For example, the city does not know how many cyclists use the protected bike lane on Sherbrook Street — which is the type of information Whitehouse anticipates will be collected.

Not only are bike counts useful tools for better planning, Cohoe said the information will provide a value-for-money case for cycling infrastructure, such as protected bike lanes, and demonstrate there is indeed a demand to install more.

Some locations to be monitored this fall include Garry Street and McDermot Avenue, where the city plans to add more bike lanes.

"We want to make sure that we can demonstrate usage over time," Whitehouse said.

Over the next few years, she said staff will also work to develop a public portal where bike counts, such as monthly breakdowns and other statistics, will be displayed, as is currently done in Calgary.

Smut Slam steams up with local sex stories metroNEWS

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Your essential daily news

New England is running out of mussels, scientists say. **Business**

Jump street: Building the next generation of parkour athletes

COMMUNITY

Winnipegger working to renew interest in urban sport

Braeden Jones
Metro | Winnipeg

There's a parkour revival afoot in Winnipeg — and the younger the enthusiasts the better, as far as Marc Selby is concerned.

Selby, who's been on the scene since parkour hit its heyday several years ago, has became a sort of Yoda, teaching kids how to scramble up city walls and across gaps in Winnipeg's streetscape.

His classes at Fantastic Gymnastics are offered to kids six to 14 and is offering them the kind of training his age group never got.

"The fact is, it's slightly more regimented if they're guided by a coach, they end up not missing out on anything," he said. "People who teach themselves learned their own path and ended up picking and choosing what they like to do.

A coach will make you work on fundamentals, even the things you're bad at.

"The next generation is going to be more well-rounded and take parkour to another level. It's interesting to watch."

The need to reinvigorate the sport has never been greater. Back in 2005, when Selby really started digging in and making his online videos, Winnipeg's parkour community was booming.

People held "jams," got together often, a Facebook group gained hundreds of members and YouTube played host to increasingly well-produced, high-octane videos demonstrating the best tricks everyone had learned.

Now, "we're at an all-time low when it comes to that stuff," Selby said.

The parkour community "used to self-promote a lot more," and used to have sponsors fuelling a steady stream of content and creativity, he said.

Winnipeg's Marc Selby was in on the first heyday of parkour. Now, he's trying to create a second one. CONTRIBUTED

Marc Selby's protégés at work in one of his classes.
TREVOR JOHNSEN/ @I_AM_TREVORJ

> **"I'm teaching kids to be confident with their own bodies, become better athletes, tell them how it switches over into other sports.**
> Marc Selby

"You had to make constant videos, have content all the time. Nowadays, there are still people training, diehard people, and we still meet up once a week or so, but we haven't made a video in a long time."

A lot of his students are chomping at the bit to start participating in jams and sharing what they've learned — which bodes well for the future.

"These kids are going to be making so many videos, they want to be showing off the things they've been working on and as long as they're progressing there's going to be good parkour content, just not from the same people," Selby said.

Besides making sure his athletes know the basics of movement, Selby said he strives to teach them how it's applicable outside of parkour.

"I'm teaching kids to be confident with their own bodies, become better athletes, tell them how it switches over into other sports," he said.

Something he likes to focus on is how being able to climb and propel yourself through obstacles could help save your life.

"Most importantly to me, kids are learning how to be strong and useful in situations no one ever hopes for. Like a fire, you'd be more able to climb out a stairway or window, or in a car accident if you have to climb out of a car," he said. "Parkour people are trained with skills in regards to those situations, that's stuff I'm excited about and it's good a lot of parents are excited about it too."

Comedy event wants hot stuff

OPEN MIC

Share your best sex stories at Smut Slam

Stephanie Taylor
Metro | Winnipeg

Winnipeg locals will get the chance to share their personal sex stories in a new open mic night starting next month.

Local comedian Heather Witherden is one of the organizers behind the Smut Slam — a storytelling event where participants are invited to tell true stories from their own sex life.

"The tagline is where sexy and storytelling collide," she said of the event in a recent interview.

Witherden said next month's event will be the fourth hosted in the city over the past few years, but she plans to host the open mics monthly starting after September.

She said how it works is simple: Participants are given five minutes on stage to tell a true story from their own sex lives, which has to be based on a theme of the night and is judged by a panel of sex educators and writers.

Heather Witherden says the upcoming Smut Slam may be one of the only places people can swap sex stories publicly. DAVID LIPNOWSKI/FOR METRO

For example, in the past, speakers have told stories about their most embarrassing sex moments or from their first time.

Themes can be broad, she said, and added that stories can be either funny or serious — depending on who's telling them — as long as they are true.

> **"Where else do people really ever talk about this except sort of privately with their friends?"**
> Heather Witherden

"We want this to be a pretty positive type event."

Back in July, performer and playwright Cameryn Moore, who is touted as inventing the Smut Slam, hosted an event in Winnipeg, where participants were invited to tell stories around the theme "sexploration."

Witherden describes the atmosphere at the open mics as inclusive and light-hearted and said no one is obliged to tell a story.

In fact, audience members who'd rather skip the dirty talk can submit an anonymous confession or question in a bucket that is passed around.

She said the event is one of the rare occasions where people, complete strangers, can share intimate details of their sex life in a public setting.

"Sex is mostly private," she said.

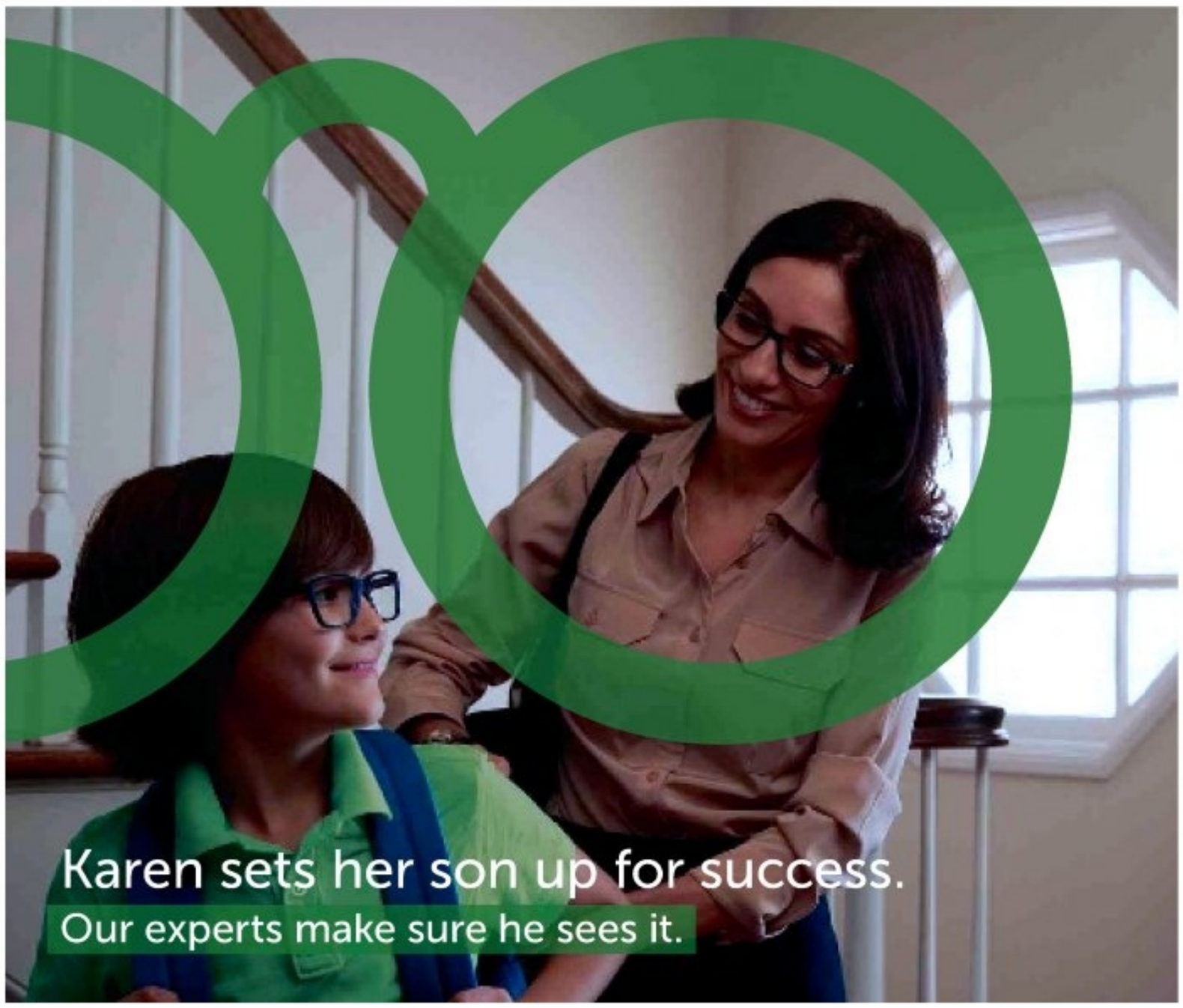
"Where else do people really ever talk about this except sort of privately with their friends?"

At past events, Witherden said, participants and audience members have connected over some of the experiences shared in the stories told.

"It's not to be a competition. It's meant to be just true stories."

UP NEXT...

International dirty talk
Next month, Winnipeg will join a host of other Canadian cites and some around the world where Smut Slams are performed on the regular. The series of sexy storytelling events was created by Cameryn Moore, and premiered in Boston in 2011.



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Woman makes historic NASCAR win

RACECAR DRIVING

Winnipeg native takes race at Motor Mile Speedway

Stephanie Taylor
Metro | Winnipeg

A 24-year-old Winnipeg woman drove into the NASCAR history books with a recent win south of the border.

Amber Balcaen took to social media on Saturday from New River, VA., to announce she'd won a NASCAR-sanctioned race, making her the first Canadian woman to do so.

In a previous interview with Metro, Balcaen said she's a third-generation racecar driver and the first woman to win a dirt track racing championship in Manitoba.

"I was in my mom's belly while my dad and grandfather did the circuit and they eventually taught me about the sport."

She even received her Automobile Racing Club of America (ARCA) license at the legendary Daytona International Raceway.

"Reaching 300 kilometres an hour on the Daytona track was exhilarating," she told Metro.

"It just motivated me that much more to be the first Canadian woman to win a NASCAR Series race."

Balcaen first headed to the U.S. back in April to race for Lee Pulliam Performance and attempt to fulfill her dreams of being the first Canadian woman to win a NASCAR race. She was schedule to return to Winnipeg on Sunday.

WITH FILES FROM MICHELLE BAILEY

Third-generation racecar driver Amber Balcaen reigned victorious in Virginia over the weekend. FACEBOOK

PORTAGE LA PRAIRIE

'Welcome to 2016,' says Pride organizer

An organizer of a recent Pride march in Portage La Prairie has a simple remark as to why more Manitoba municipalities are playing host to the event, which for years occurred only in Winnipeg.

"Welcome to 2016," Callie McArthur said Sunday.

She said more than 1,000 people turned up to Saturday's event, which was the first time the southern Manitoba city of nearly 13,000 hosted a Pride parade.

McArthur said more than half of the attendees were from Portage La Prairie, while the remainder drove in from the surrounding towns and cities.

"It's been a long time coming," she said of the event.

"This is something that everybody's wanted around here."

She said several representatives from political parties, as well as the city's mayor and other council members were among some of the noted participants who marched on Saturday.

Spirits were not dampened by a group of protestors who also decided to show up, McArthur said.

Hosting a Pride march was not only a first for the city, but for McArthur and other organizers as well.

She said some organizers of Pride Winnipeg reached out and offered their support when they heard the city was planning to host its first Pride.

"We really, really took notes from Winnipeg," McArthur said.

> **Love is love.**
> Callie McArthur, co-organizer of Portage La Prairie Pride

Next year, she said, organizers plan to connect with different Prides from around the province to gather new ideas and glean advice.

Over the past year-and-a-half, Brandon, Steinbach and now Portage La Prairie all hosted their first Prides.

McArthur only expects this trend to continue, and for more Pride rallies to pop up across the province now that smaller communities have seen the proof these events are possible.

"You can do this. And we're for you, and we'd be more than happy to give anybody pointers," she said.

STEPHANIE TAYLOR/METRO

Organizers of **Portage La Prairie's first-ever Pride march** on Saturday expected several hundred people to attend, but more than 1,000 turned up. COURTESY CALLIE MCARTHUR

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‘We need housing’

MILITARY

Feds’ plan for homeless vets calls for shift in benefit program

Veterans Affairs officials are ready to recommend that the federal government give rental subsidies to veterans who are homeless or nearly so in order to combat what they describe as an unacceptable situation in Canada.

A draft of the new federal strategy also recommends the government build new affordable housing units specifically for veterans, suggesting Canada doesn’t have enough units to handle the unique needs of former military members who can have addiction and mental-health issues related to their service.

“We’ve got a mandate for the care, treatment and re-establishment to civilian life of veterans in general, and clearly somebody who is homeless is not successfully re-established in civilian society,” said Tim Kerr, director of the veterans priority programs secretariat at Veterans Affairs Canada.

The recommendations would mark a shift in benefits programs that leave no room to provide things like housing subsidies that have been successful in the U.S. at keeping veterans off the street.

Benefits only flow to Canadian veterans who show a link between their military service and their injury or disease, a difficult task for a veteran who becomes homeless a decade after his or her service, said Jim Lowther, president of Veterans Emergency Transition Services (VETS) Canada, a volunteer-based group that has helped about 1,200 veterans off the streets in the last six years.

“We need housing in every province, designated housing for vets. We need transition homes in every province to help them get back on their feet,” Lowther said. THE CANADIAN PRESS

CALGARY WANTS PANDA SNUGGLES, TOO

From one self-declared lover of baby panda snuggles to another. Calgary Mayor Naheed Nenshi has written to Prime Minister Justin Trudeau asking for Ottawa’s help in defraying the cost of housing the critters at Calgary’s zoo in two years. “As a fellow lover of cute cuddly panda cubs, and having observed with envy your recent opportunity to hold Jia Panpan and Jia Yueyue in Toronto during their naming ceremony, I trust you can understand my own desire to embrace these pandas with open arms here in Calgary,” Nenshi wrote to Trudeau.

THE CANADIAN PRESS FILE

BUDGET

Mental-health advocates push for larger share

Canada trails the pack when it comes to mental-health funding among comparable nations — but advocates say a promise from the federal government to improve services means the time is ripe to push for change.

“Access to care is abysmal in most places throughout the country and of course that’s linked … not only, but very much to funding,” said Louise Bradley, executive director of the Mental Health Commission of Canada.

Bradley’s organization and others, such as the Canadian Mental Health Association (CMHA), have been calling for the mental health share of health spending in the provinces and territories to increase by two percentage points over the next decade — from a national average of seven per cent to nine.

Canada’s funding levels rank near the bottom among a list of OECD countries.

Bradley says she’s cautiously optimistic about the upcoming round of discussions on a new health funding agreement between Ottawa and the provinces — but even that modest increase would leave Canada behind countries such as New Zealand, Australia and the U.K., where funding levels range from 10 to 14 per cent.

THE CANADIAN PRESS

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ITALY

Officials vowing to look into negligence

Italian authorities are vowing to investigate whether negligence or fraud in adhering to building codes played a role in the high death toll in last week's earthquake in Italy.

They also called for efforts to ensure organized crime doesn't infiltrate lucrative construction contracts to eventually rebuild much of the picturesque towns levelled in the disaster.

Meanwhile, rescue workers pressed on with the task of recovering bodies from the rubble, with hopes of finding any more survivors virtually vanished four days after the powerful quake.

Over the past two days, they found six more bodies in the rubble of Hotel Roma in Amatrice, the medieval hill town in mountainous central Italy that bore the brunt of destruction.

The quake that struck before dawn Wednesday also injured nearly 400 people as it flattened three medieval towns near the rugged Apennines. Prosecutor Giuseppe Saieva said the high human death toll "cannot only be considered the work of fate."

"The fault lines tragically did their work and this is called destiny, but if the buildings had been built like in Japan they would not have collapsed," Saieva said in comments carried by Italian media. THE ASSOCIATED PRESS

Firefighters retrieve a bell from the village of Rio, central Italy. THE ASSOCIATED PRESS

LOUISIANA

Hopes high for recovery

In 23 years of coaching football, Dru Nettles never had to deliver a pep talk like this.

Most of his players and coaches on Denham Springs High School's football team lost homes when floodwaters ravaged their city in suburban Baton Rouge. Their battered school remains closed, but the team has a season-opening home game to play in two weeks.

The promise of Friday night football is tonic for a city at the epicenter of the catastrophe. Even the most modest signs of recovery are lifting weary spirits in Denham Springs, where flooding damaged an estimated 90 per cent of homes and businesses.

"Everybody is trying so hard to get back to normalcy as much as they can. Yes, we are seeing progress. Every day, we finally see another business come back online," said Denham Springs Mayor Gerard Landry.
THE ASSOCIATED PRESS

MISSISSIPPI

Friends honour slain nuns
Friends who knew two nuns killed in their Mississippi home gathered Sunday to remember them, as authorities continue to investigate the crime. Rodney Earl Sanders, 46, has been charged in the deaths of Sister Margaret Held and Sister Paula Merrill.
THE ASSOCIATED PRESS

A woman wearing a Burkini joins a protest outside the French Embassy in London on Thursday, during a "wear-what-you-want beach party" to protest against the ban on burkinis on French beaches. AFP/GETTY IMAGES

Burkini sets tone for French election

EQUALITY

Ban on Muslim swimwear has drawn global condemnation

The national identity crisis exposed by France's burkini controversy is threatening to set the tone for the country's presidential campaign.

Along with the economy, the relationship between France's Muslims and non-Muslims has been a recurring theme as presidential hopefuls kick off campaigning for the April-May election. Some leftists say the far right is using the issue to encourage racism in France.

A top French court ruling Friday against banning the burkini didn't put an end to the debate. Some mayors are refusing to rescind their bans, arguing that the head-to-ankle swimwear could disrupt public order after a summer marred by Islamic extremist attacks. The burkini bans by some French coastal towns drew international condemnation after images circulated online of police appearing to require a Muslim woman to disrobe.

Former President Nicolas Sarkozy and other some other conservative candidates want a national law banning burkinis. Sarkozy's chief rival for the conservative nomination, former Prime Minister Alain Juppe, struck a more conciliatory tone, saying on Europe-1 radio Sunday that such rhetoric "throws oil on the fire."

But at a campaign event Saturday in Chatou west of Paris, Juppe suggested putting limits on how far religious practices can reach into public life, calling for a special accord between the state and Muslim leaders to lay out clear rules for respecting French secularism.

"It is legitimate to ask them to have a knowledge of the principles of the organization of the republican state, especially French-style secularism," he said.

The economy and security issues are likely to dominate the French campaign for the April and May presidential elections, after years of 10 per cent unemployment and a string of deadly Islamic extremist attacks.

While many on the French left criticize the burkini as oppressing women, they also fear the issue feeds into the agenda of far-right candidate Marine Le Pen of the National Front.
THE ASSOCIATED PRESS

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INNOVATION

Toronto's tech centre suitable home for range of new startups

Ooka Island is a rapidly growing learn-to-read software startup with roots planted in the red soil of Prince Edward Island.

But when the Charlottetown-based company planned to get serious about bringing its product to market, it needed to expand to an urban centre close to venture capitalists, a pool of skilled labour and a broader customer base. "Once you get to the product validation stage it's hard to be on an island far away," said Kelly Shaw, CEO of Ooka Island.

Ooka Island moved into a co-sharing space at Toronto's MaRS innovation nearly two years ago. Its neighbours include other startups, advisors and investors and tech giants such as Facebook, Etsy and Airbnb.

"It's like planned serendipity — it's like these introductions and moments of connections happen and sometimes they're unexpected and sometimes they're planned," Shaw said.

Kelly Shaw CEO of educational startup Ooka Island says the business has grown since moving to TO. TORSTAR NEWS SERVICE

Once upon a time, the need for such an ecosystem might have required a move south to Silicon Valley. But now the stretch of Highway 401 that connects Toronto with Kitchener-Waterloo has many hallmarks similar to that other famous tech corridor along California's Highway 101.

The success of the tech cluster in Canada's most densely populated area has inspired cities and towns to try and emulate the formula by creating tech incubators and accelerators, helped by millions in federal government funding. But we can't all be Silicon Valley North. California's famous tech region is successful because it connects startups, venture capitalists, late-stage companies' talent and tech giants, said Alex Kolicich, a 30-year-old venture capitalist who moved to the Valley after graduating from the University of Waterloo.

Lately, he's been on the hunt for more Toronto-Waterloo startups. "The Toronto-Waterloo corridor seems to have a lot of the ingredients you'd want in a tech centre," he said, adding that Canada has less capacity for multiple tech hubs than the U.S., so it makes sense to focus on building just a few.

"The game is to have that concentration and density of talent to create that number one player, so you want to be in a serious tech ecosystem," he said. "It's very difficult to do that without concentrating."

The Canadian government wants to spark a transition from resources toward resourcefulness and is embarking on an "innovation agenda." Details are sparse, though it did pledge in the March budget to invest up to $800 million over four years to "strengthen innovation networks and clusters" across the country. The incubators and accelerators will be tailored to the region — clean tech in Montreal and Vancouver, or agriculture in Alberta.

TORSTAR NEWS SERVICE

INNOVATORS

The top 5 countries on the 2016 Global Innovation Index with their scores out of 100

1. Switzerland 66.28
2. Sweden 63.57
3. United Kingdom 61.93
4. United States of America 61.40
5. Finland 59.90

15. Canada

FISHING INDUSTRY

Mussel shortage hits New England

New England is running out of mussels. The Gulf of Maine's once strong population of wild blue mussels is disappearing, scientists say. A study led by marine ecologists at the University of California at Irvine found the numbers along the gulf coastline have declined by more than 60 per cent over the last 40 years.

Once covering as much as two-thirds of the gulf's intertidal zone, mussels now cover less than 15 per cent.

"It would be like losing a forest," said biologist Cascade Sorte, who with her colleagues at the university conducted the study and recently published their findings in the Global Change Biology journal.

The Gulf of Maine stretches from Cape Cod to Canada and is a key marine environment and important to commercial fishing. Blue mussels are used in seafood dishes and worth millions to the economy of some New England states.

THE ASSOCIATED PRESS

CANADA POST

Strike talks continue

Contract talks continued between Canada Post and its largest union Sunday, with neither side hinting as to whether any progress had been made.

A federally appointed mediator began meeting with the two sides on Friday to try to reach a deal. The Canadian Union of Postal Workers said if there was no deal by midnight, it would begin job action on Monday by having its members refuse to work overtime on a rotating basis, starting in Alberta and the Northwest Territories.

CUPW served 72 hour strike notice Thursday, accusing Canada Post of forcing a labour disruption by refusing to bargain in good faith. The two sides have been deadlocked for months on the issues of pay scales and proposed pension changes.

On Sunday, the union said its initial plans for job action would have little effect on Canada Post customers. THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Monday, August 29, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION
Can men wear sandals? I mean other than Jesus.

Dear Ellen,
Can men wear sandals? I mean other than Jesus.

JL

Dear JL,

Before we begin with this intensely interesting and relevant question, may I address your use of the word "can"? It means, roughly, "able to." Obviously, any man "can" wear sandals. The question is, "should" a man wear sandals?

As with so many matters of etiquette, the answer is "it depends."

Is the man alone on a beach? Then yes, the man should wear sandals if he wants, and in fact wear nothing but his sandals, if that is his desire. What we do in private is subject to no laws of etiquette or even common decency. Privacy is our right, as long as it doesn't infringe on the rights of others. This is why Edward Snowden deserves a full pardon, if not a medal for service to his fellow Americans.

Is the man amongst other people on the beach? No problemo. Sandals on a beach are appropriate. Does the man have grotesque, horny Hobbit feet that will scare small children? Sorry, kids, avert your gaze if you must. But those feet have the same rights as yours to sun, sand and surf.

Is the man wearing the sandals in the workplace? If the dress code allows it, and as long as women or others are allowed to brandish their tootsies, then there's no way we can forbid the male of the species from peacocking his own peds. Some of us might have the old-fashioned idea that sandals on men are never a good look without sun, sand and surf to blind us to the full effect of their naked feet. But that's a prejudice that has no place in modern, non-sexist etiquette.

You might think that a contagious foot disease would be a good reason to forbid sandals, and yes, it's only polite to cover any suppurating sores.

Is the man wearing the sandals in a fancy restaurant? I must say, this is where I am tempted to draw the line. Every snobbish bone in my body recoils at this idea, as I think that anyone with poor enough judgment to wear sandals to a nice resto could hardly be trusted to have had a recent pedicure. But, in good conscience, I must allow it if the restaurant does.

You might think that a contagious foot disease would be a good reason to forbid sandals, and yes, it's only polite to cover any suppurating sores that are spreading infection. (Incidentally, since you brought up Jesus, allow me to point out that a person with the unsightly symptoms of leprosy is entitled to wear sandals, since the disease is transmitted by nose and mouth.)

Finally, is the man wearing the sandals with a wetsuit on a beach in France, where he might be mistaken for a Muslim woman who doesn't want to expose her hair or skin to UV rays or fellow beach bums? Then I would say he has every right to wear the sandals, and the wetsuit. But I would caution him that he must be prepared to deal with shameless demagogues who at this very moment are hypocritically using "respect for women" to justify Islamophobic, racist and misogynistic persecution of "burkini"-wearing women, even though the highest court in the country has told them they're wrong.

Sadly, I fear that old leper-loving, sandal-wearing Jewish prophet Jesus Christ himself would be in danger from these so-called Christians. Whether you believe in God or not, the fact is JC the man walked the walk when it came to loving his fellow humans, and judging not lest he be judged. And, to his peril, he wasn't afraid to stand up to bigots and hypocrites.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD
When it comes to personality, 'A' is the only type to be

I am Type A, and I am also not. Type A doesn't actually mean anything.

Or rather, it means no one thing, and also many things. It is an entirely useless and incredibly useful term.

If you are so inclined — if you're so Type A as to feel the need to define yourself — you can claim Type A by pointing to various needs: to control, to find success, to reach a target, to complete a task.

If you are not so inclined — if you prefer to imagine yourself as whimsical or easygoing or accommodating or chill — you can claim anything-but-Type-A. Or everything-but-Type-A. "What are the other types?" you wonder. Everyone has forgotten. Whatever they were, the others never made the cultural impact that Type A has made. Probably thanks to Type A people.

A recent article by Melissa Dahl for New York Magazine's Science of Us blog argues that there's no single definition of Type A. It is, per a source she quotes, "bulls—t."

But that's not to say it's inexplicable. It turns out that Type A can be traced to, of all things, tobacco corporations. Their idea was to fund research that asked whether your personality, as opposed to smokes, could be what's killing you via heart disease. As Dahl found, the question had merit: "The research narrowed in on two components within the original conception of Type A — anger and hostility — which have indeed been shown to be linked to a higher risk of heart disease."

This is, no doubt, why Type A has endured. The research didn't work exactly as intended by Philip Morris and co., but it did give controlling folks everywhere a nice cosy umbrella to stand under, a place to call home.

I may balk at the idea that anger and hostility are in my nature (surely they don't define me), but Type A has been a helpful phrase in my life.

As a teen, it helped me understand why no one else got so mad about littering, and why I could not go to school in unmatching socks. It gave me a rationalization when I felt like being outspoken. I wasn't "bossy" (though of course I also was); I was Type A.

I still sometimes wish I could be more chill like all you other folks. But the feeling passes.

You might go with the flow, but I'm Type A. And as bulls—t as that is, we get s—t done.

Listen to Nth Wave, Rosie's podcast on women in media: metronews.ca/podcasts

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Monday, August 29, 2016

21%

Junk food study: Consumption of sugary drinks fell by 21 per cent in Berkeley, Calif., four months after the city's soda tax came into effect last year.

All that stuff nobody wants

MINIMALIST MILLENIALS

Young adults don't want to inherit family's heirlooms

Liz Brown
Metro | Canada

For years, Juliana Weberman has been dodging the household heirlooms and castoffs her parents try to gift her.

There are La-Z-Boys, various kitchen supplies and a table that belonged to her grandparents — all things her mom and dad want to pass on to her and her brother. But Weberman isn't interested in inheriting them.

"My parents' house is twice the size of mine," says Weberman, 35, who lives in a three-bedroom home in Brantford, Ont. with her six-month-old daughter and husband.

"Where would I put all that stuff?"

With high housing costs, smaller families and a later start into domestic life, millennials are shunning some of the material trappings that were their markers of success for their baby boomer parents.

It's a trend Veronica Harding has noticed in her 25 years working in estate sales. As owner of The Great Estate Sale in Toronto, Harding says she's seen a shift towards this minimalism in the younger generation.

It's particularly difficult to unload what Harding calls 'dust collectors': the Royal Doulton figurines; the china sets; the silverware that baby boomers consider family heirlooms.

"Twenty years ago, kids took this stuff from their parents. Now they don't want it. You have to clean it, you have to polish silver; china is nice but you can't put it in the dishwasher and who has time for that in today's society?"

"And if you look at the housing situation, most young people can't afford a big house. They're living in condos and apartments so a lot of the furniture won't even fit."

David Colletto, CEO at Abacus Data, has spearheaded market research into the behaviours and tastes of millennials. He doesn't think his generation is any less materialistic than their parents — rather, as a generation, they value different, more intangible things.

Research conducted by Edelman and StrategyOne asked people aged 16-22 what they would give up out of a list of items (including cosmetics, their car, passport, smartphone and sense of smell).

Over half (53 per cent) said they would give up their sense of smell if they could keep their smartphone.

According to Colletto, this priority on connectivity through social media is what drives the millennial consumer.

"For millennials, we're not looking to express our accomplishments through nice dishes or a nice car.

"Going to cool places, being able to experience amazing things and sharing them on social media is the equivalent of those things," he says.

That's not to say millennials don't appreciate some family treasures. Weberman has kept her grandmother's wedding band and Colletto has a hat of his grandfather's.

"It comes down to sentimentality," says Weberman, who would rather have small, meaningful items than large pieces of furniture or knick knacks.

"We'd rather take a few trips every year than have big mortgage payments on a bigger house to store all that stuff."

Juliana Weberman says she does have the room to take on all the things passed on to her from her parents. PATRICK WEBERMAN

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YOU CAN DO THIS CUSTOMER SERVICE REPRESENTATIVE

CSR: Getting a foot in the door

WHY I LIKE MY JOB

Michael Dilorio, 33 — Manager, Client Experience in Toronto, Ont.

My first job involved taking calls from investors and financial advisors at a reputable financial planning firm.

I had no idea what I was getting into, but luckily the company provided extensive training to help build my confidence in handling client calls.

It was an entry-level role that didn't require previous experience.

Once I got my foot in the door, I took the Canadian Securities Course (CSC) to gain a better understanding of the industry.

Soon after, I progressed from front-line representative to a member of the communications team, where my writing skills were used to develop client-facing communications.

I now manage a team that helps implement and enhance the client experience by delivering front-facing online tools that provide value and generate positive end-user emotions.

Advancing to a management role in customer service requires continuous learning, positive response to change, commitment to quality work and an understanding of people.

I enjoy making a positive impact and seeing the results of my work, whether it's helping clients answer questions, ensuring their feedback is heard, or delivering quality output that users are happy with.

THE BASICS: Customer service representative

$36,540

Median annual salary for a customer service representative. Those who advance to team lead or management-level positions can expect to earn a minimum of $48,000 per year.

+9%

Projected job growth rate over the next 8 years.

Data for this feature was provided by: payscale.com, servicecanada.gc.ca, ontariocolleges.ca, jobbank.gc.ca and onetonline.org.

HOW TO START

Although this occupation doesn't require specific credentials, customer service representatives are arguably one of the most diversely educated professionals in the workforce. It's a popular starting point for new graduates trained in business, finance, communications and information technology; however, it's also regarded as a rewarding career for those who may not possess a degree or diploma but enjoy helping others.

WHERE YOU CAN GO

Customer service representatives work in almost every industry, including insurance, manufacturing, telecommunications and the public sector. As such, prospective employees can search for work in banks, retail stores, software firms and any environment that involves client engagement. Many companies have recently refocused their internal strategies and marketing efforts to stand out as leaders in customer service.

NEXT CAREER STEP

An experienced worker in this field can advance to a team leader or manager in a client-driven environment. Since client interactions can occur in person, over the phone or online, workers in this field are encouraged to keep abreast of emerging technologies and platforms. Using proper grammar and spelling or even learning another language will also go a long way in securing customer loyalty in web-based interactions.

Get to know your work insurance policy

ADVICE

Study the ins and outs of your benefits' disability plan

Gail Vaz-Oxlade
For Metro Canada

One of the biggest myths about disability is that it won't happen to you.

Or maybe you think, "I'm covered at work. That's good enough." Since work-related plans seldom have the kind of coverage available on individual disability insurance policies, you could be in for a shock.

Imagine being diagnosed with a progressively debilitating disease.

Imagine the relief of knowing that, while you have to stop working, you have a group disability plan that will help to make ends meet.

Imagine your disbelief when your claim is declined by the insurance company because you just aren't "disabled" enough.

Want to avoid a nasty surprise when you can least afford it? Take these questions to your benefits administrator at work and make sure you understand the answers you get:

What's the policy's definition of disabled and how long will benefits be paid? If you can't do the job you were hired to do, will you be paid regardless of what other work you may be able to find?

Will partial benefits be paid if you can only work for a few hours a day?

A weak definition of disabled can be one of the biggest holes in a plan.

If your policy has an "any occupation" clause, which is typical of most group plans, the only way you'll collect is if you're unable to do any work at all. If the insurance company deems you could be a parking lot attendant, it won't pay.

How much are you covered for and how will it be taxed? Most group policies cover employees for a certain percentage of their salaries — typically 60 to 75 per cent.

Some also have a cumulative maximum. If you pay tax on your premiums, you won't pay tax on your benefits, and vice versa.

Does my policy have a residual disability feature? Without it, years may pass before your claim can begin because you must meet the insurance company's definition of "totally disabled."

What are the exclusions on your policy? Typical exclusions include travel outside Canada, pre-existing conditions, and alcoholism. The list can be wide and varied.

If you don't think you've got an iron-clad disability policy at work, or you have no disability insurance at all, it's time to shop for individual coverage.

Buying disability insurance can be complicated, so get help from a qualified insurance broker.

And do it before you're 30 or you'll pay through the teeth!

For more money advice, visit Gail's website gailvazoxlade.com

QUICK QUIZ

If you're over 30 years old, what's the likelihood that you'll have a long-term disability — lasting more than 90 days — at some point in your life?
1 in 10
1 in 5
1 in 3
1 in 2
The answer: 1 in 3.

How long would you likely remain on disability?
6 months
14 months
28 months
32 months
The answer: 32 months.

Buying disability insurance can be complicated, so get help from a qualified insurance broker, writes Gail Vaz-Oxlade. ISTOCK

Justice Smith plays Ezekiel Figuero in Baz Luhrmann's Netflix series The Get Down. CONTRIBUTED

The dawn of Justice Smith

PROFILE

Lead man in The Get Down is praised for breakout role

At Justice Smith's audition for The Get Down, Baz Luhrmann's ambitious Netflix series chronicling the birth of hip hop in 1979 New York, he performed Juicy by the late Notorious B.I.G. "You know very well/who you are," he sang. "Don't let 'em hold you down/reach for the stars."

At just 21 (his birthday was Aug. 9, meaning Juicy dropped exactly one year before he was born), the breakout star of the richly drawn series seems to indeed know very well who he is.

"I was always taught to be emotional and expressive," he says over the phone from New York, where he is still in production on the final two episodes of the first season (the first six, dubbed Part One, are streaming now on Netflix). By contrast, his lavishly named character, Ezekiel "Zeke" Figuero, tries to hide his poetic heart. "He's expressive, but there's added pressure that he succumbs to about what it means to be a man," Smith says in his first print interview.

The long-gestating series (Luhrmann has been developing the project since 2006) follows Smith through his coming-of-age in the creatively vibrant, fiercely violent street culture of the South Bronx, a conflux of influences that would give rise to hip hop (the show also provides a deep dive into disco's reign).

> **I was always around music. Even if I wasn't actively studying it, I was absorbing it.**
> Justice Smith on life at home

Though Smith grew up in a family of musicians, he always saw himself as the least likely to achieve musical stardom. "My parents are both singers and my sister's a singer as well," he says. "I was the only actor." Yet this musical upbringing has served him well on The Get Down, in which he raps and dances with his crew the Get Down Brothers. "I would hear them singing or practising," he says of his family.

"I was always around music. Even if I wasn't actively studying it, I was absorbing it. It was just a matter of accessing it."

Though hip hop rules much of American Top 40, Smith isn't necessarily a fan: his tastes lean more toward jazz and folk than rap. "I listened to a whole bunch of hip hop from every decade," he says of his Get Down prep.

As part of a Get Down boot camp, Smith was also given a reading list. One book that stuck with him was Down These Mean Streets, Piri Thomas's memoir of growing up in the street scene of Spanish Harlem.

"He talks about growing up in the ghetto and when you are walking down the street you have to have cara palo, which means stone face," he says. "It's not manly to show any emotion, because emotion is weakness.

"That was something that I tried to apply to Zeke, having a stone face, but also this deep well of emotion inside of him."

The shoot was by all accounts demanding, with Variety reporting it as "among the most expensive shows in history" with an extravagant $10-million budget per episode. Though the sprawling series' lack of focus can be confusing, critics have praised Smith's performance.

Better yet, so have the fans.

It shows how well-matched Smith was with executive producer Luhrmann's heart-on-your-sleeve style. Smith's own journey might be only just beginning, but half the fun of The Get Down is discovering the young talent as he takes those soulful first steps. TORSTAR NEWS SERVICE

JOHANNA SCHNELLER WHAT I'M WATCHING

Love and youth are timeless

THE MOVIE: XOXO (Netflix)
THE MOMENT: The insider cameo

Sarah Hyland plays Krystal in EDM movie XOXO. CONTRIBUTED

DJ-wannabe Ethan Shaw (Graham Phillips, The Good Wife) is mixing an electronic dance music (EDM) track labeled "Mom — vocal" in his bedroom when he gets an IM: His YouTube single is racking up views. In the background, his mother calls out, "Sweetie, how many hits do we have?"

"We just passed a million," Ethan replies. He heads for the kitchen. His mother's at the table. "Are there any more comments about me?" she asks.

"Everyone's loving your voice, Mom. Seriously," he replies.

This made-for-Netflix film quickly leaves Mom in her kitchen and never looks back, as Ethan and fellow 20-somethings head off for a magical night at XOXO, the biggest EDM rave in America.

Ethan gets his break as a DJ and Krystal (Sarah Hyland, Modern Family) finds love, against a backdrop of neon makeup, Ecstasy and Skrillex.

Look again at Mom, though: She's Ione Skye, best known as the girl John Cusack woos by holding a boom box over his head in Say Anything, the 1989 teen love story from music fan/writer/director Cameron Crowe, which culminates in one of the great high-school parties of cinema.

Skye's presence in XOXO is what I call a Reverential Cameo — a cinematic Easter egg for aficionados. It draws a line from that film to this, hoping to establish XOXO's bona fides through its references. In '89 a love song was "In Your Eyes;" now it's Diplo. But the filmmakers threw in that glimpse of Skye to remind those who notice that love and youth are timeless.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

metro SPORTS

Yankees rookie Gary Sanchez doubled and singled in Sunday's loss to the Orioles and is hitting .404 with 11 homers in 22 games this year

Making it rain hats

MLB

Donaldson hits 3 homers in Blue Jays' comeback win

Josh Donaldson briefly turned Rogers Centre into a hockey arena on Sunday.

With the Blue Jays wearing their red uniforms on Canada Baseball Day at Rogers Centre, the Toronto third baseman hit three home runs for a hat trick in a 9-6 victory over the Minnesota Twins. Fans threw hats on the field after Donaldson's third homer in the eighth inning for the Jays, who completed the three-game sweep.

"It's one of those things, as a baseball player, you want to happen one day," said Donaldson of hitting three homers in a single game. "You don't know if it's ever going to happen, it's kind of a rare thing (and) I was happy to do it."

After the game Donaldson posted a picture on Twitter of him holding up two clear garbage bags filled with ballcaps that the grounds crew and Blue Jays mascot Ace had collected from the field.

Donaldson's two-run homer (74-56) in the seventh gave Toronto a 6-5 lead and helped extend the Twins' (49-81) losing streak to 10 games.

"You can start to see it at the beginning of this homestand, he was just missing some pitches, he just skied a couple breaking balls," said Toronto manager John Gibbons. "He's capable of that, we have a few guys who are capable of doing something like that, it's a rare feat."

The 30-year-old Donaldson followed that by completing the homer trifecta with a solo shot to dead centre in the eighth, his 33rd. The third baseman's first career three-home run game helped Toronto rally from a 5-2 deficit after coming back from a 5-0 deficit Saturday. Following Donaldson's third homer of the day and fifth in four games, hats poured onto the field and the sell-out crowd demanded a curtain call.

"I've never had a curtain call before so that was nice. I tried to enjoy it for a second," Donaldson said. "Eddie (Encarnacion) was on deck after I hit the third one and he had a huge smile on his face, that kind of brought it into reality a little bit there."

Toronto's R.A. Dickey gave up five runs, three earned, over six innings, scattering six hits and three walks.

Minnesota starter Kyle Gibson threw 5-1/3 innings allowing four runs and eight hits.

Pat Light (0-1) took the loss for the Twins while Scott Feldman (7-4) pitched 2/3 of an inning in relief for the win.

THE CANADIAN PRESS

Josh Donaldson takes a curtain call after hitting his third home run of the game on Sunday. RICK MADONIK/TORSTAR NEWS SERVICE

SUNDAY In Toronto

9	6
BLUE JAYS	TWINS

CANADIAN OPEN

Thailand's juggernaut wins by 4 strokes

Ariya Jutanugarn rebounded from disappointment at the Olympic Games to win the LPGA's Canadian Open on Sunday.

Knee pain forced the 20-year-old from Thailand to withdraw during the third round of the women's golf tournament in Rio, where women's golf made its Olympic debut.

Jutanugarn was the leader after the opening round there.

Ariya Jutanugarn GETTY IMAGES

She almost pulled out of this week's Canadian Pacific Women's Open in Priddis, Alta., but was glad she didn't.

"My knee hurt so bad last week, but when I got here on Monday and Tuesday, it was getting a lot better," Jutanugarn said Sunday after collecting a winner's cheque of $337,500.

"I think my tee shots were pretty good all week and my irons are getting a lot better in the last week or so."

Jutanugarn's fifth victory in just her second year on the tour is the most by any LPGA player this season.

Leading by two shots heading into the final round at Priddis Greens Golf and Country Club, she posted seven birdies and just one bogey en route to a six-under 66 in cool, cloudy conditions.

She finished four shots clear of runner-up Sei Young Kim of South Korea on the 6,622-yard Raven course. Three-time winner Lydia Ko of New Zealand tied for seventh at 13-under.

THE CANADIAN PRESS

BASEBALL

Explorers rally to conquer Goldeyes in 11 innings

Darrin Bauming
For Metro | Winnipeg

The heat is on in the American Association playoff race, and the Winnipeg Goldeyes are in the thick of it.

The heat was also on for the 6,055 sun-soaked fans at the downtown ballpark as temperatures approached 30 degrees in Winnipeg on Sunday afternoon as the Sioux City Explorers edged the Goldeyes 3-2 in extra innings.

Mikey O'Brien was stellar in his 20th start of the season for the Fish, tossing six shutout innings before allowing the Explorers to chop Winnipeg's early 2-0 lead in half in the seventh with a couple walks and singles. O'Brien finished with the one earned run through 6-1/3 innings of work, tossing 50 of his 89 total pitches for strikes en route to seven strikeouts.

"We were winning the whole game, but that's how baseball is played," said O'Brien who earned a no-decision to remain at 10-4. "This is crunch time for us so I need to step up and bring my 'A' game every time I get on the mound."

Tommy Mendonca went to work late in the ball game for Sioux City with a towering solo homer in the ninth to tie things up and send it to extras. Mendonca then drove in the winning run with a single in the 11th inning after a botched throwdown between the bags advanced Tim Colwell to second base.

The Fish continued to scoreboard watch with the 57-35 St. Paul Saints and 51-40 Laredo Lemurs in action later Sunday. The 54-39 Goldeyes trail the Saints by 3.5 games for the North Division lead, and remain two up on Laredo for the lone AA wild-card spot.

"It's going to be a fun series," added O'Brien, with his club set to begin a critical three game series in St. Paul on Tuesday. "It's a battle right now to get in the playoffs and that's a team we've got to beat. We're going to come at them with everything we've got."

Seven games remain in Winnipeg's regular-season schedule as they return home Friday for a four-game set against Fargo-Moorhead.

SUNDAY At Shaw Park

3	2
EXPLORERS	GOLDEYES

CANCON

- The top Canadian was Hamilton's Alena Sharp, who had the best result of her LPGA Tour career, birdieing the final two holes for a 67 to finish fourth at 16 under.
- Brooke Henderson shot a 69 to tie for 14th at 11 under.

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Citizens able to hold off Hammers

Raheem Sterling evades West Ham United goalkeeper Adrian en route to his game-sealing second goal of the game in Manchester City's 3-1 win. OLI SCARFF/AFP/GETTY IMAGES

PREMIER LEAGUE

Man City keep perfect start intact vs. cagey Londoners

Manchester City kept pace with likely title rivals Manchester United and Chelsea by beating West Ham 3-1 on Sunday for a third straight victory in the early stages of the English Premier League season.

However, what started as a lesson in pass-and-move, attacking football by City under new coach Pep Guardiola turned into a nervy finish at Etihad Stadium.

Raheem Sterling and Fernandinho scored in the opening 18 minutes for City, which carved West Ham open at will in a dominant first-half display that showed Guardiola's influence is already rubbing off on his players.

Injury-hit West Ham improved in the second half and Michail Antonio's 58th-minute header made City work for its win, which was sealed by another goal by Sterling in injury time when he rounded the goalkeeper and scored from a narrow angle.

At least one perfect record will go when United plays City at Old Trafford in the first round of games after the international break.

It's early days, but it could well be a shootout for the title between the three teams already at the top of the standings. City currently is ahead of United and Chelsea on goal difference — and Guardiola said there's plenty more to come.

"Of course, there is still room for improvement," Guardiola said, "but we have been playing well and hopefully we can continue doing that.

"We have to make an amazing performance to win at Old Trafford. I can imagine the atmosphere. I am looking forward to live that experience."

In the other game Sunday, Middlesbrough maintained its unbeaten start to life back in the Premier League by drawing 0-0 at West Bromwich Albion in a game of few clear-cut chances. THE ASSOCIATED PRESS

DIVISION TABLE

	GP	W-D-L	Pts.
Man. City	3	3-0-0	9
Chelsea	3	3-0-0	9
Man. United	3	3-0-0	9
Everton	3	2-1-0	7
Hull City	3	2-0-1	6
Middlesbrough	3	1-2-0	5
Tottenham	3	1-2-0	5
Arsenal	3	1-1-1	4
Leicester	3	1-1-1	4
West Brom.	3	1-1-1	4
Liverpool	3	1-1-1	4
West Ham	3	1-0-2	3
Burnley	3	1-0-2	3
Swansea	3	1-0-2	3
S'hampton	3	0-2-1	2
Sunderland	3	0-1-2	1
Crys. Palace	3	0-1-2	1
Watford	3	0-1-2	1
Bournemouth	3	0-1-2	1
Stoke City	3	0-1-2	1

Champions League
Europa League
Relegation

RACE RELATIONS

Kaepernick makes his stand by sitting through U.S. anthem

Defiant, and determined to be a conduit for U.S. change, Colin Kaepernick plans to sit through the national anthem for as long as he feels is appropriate and until he sees significant progress in America — specifically when it comes to race relations.

He knows he could be cut by San Francisco for this stand. Criticized, ostracized, and he'll go it all alone if need be.

The quarterback realizes he might be treated poorly in some road cities, and he's ready for that, too, saying he's not overly concerned about his safety, but "if something happens that's only proving my point."

"I'm going to continue to stand with the people that are being oppressed," Kaepernick said Sunday at his locker. "To me this is something that has to change. When there's significant change and I feel like that flag represents what it's supposed to represent, this country is representing people the way that it's supposed to, I'll stand."

Two days after he refused to stand for the The Star Spangled Banner before the 49ers' pre-season loss to the Packers, Kaepernick insists whatever the consequences, he will know he "did what's right." He said he hasn't heard from the NFL or anyone else about his actions — and it won't matter if he does.

Colin Kaepernick GETTY IMAGES

"No one's tried to quiet me and, to be honest, it's not something I'm going to be quiet about," he said. "I'm going to speak the truth when I'm asked about it. This isn't for look. This isn't for publicity or anything like that. This is for people that don't have the voice. And this is for people that are being oppressed and need to have equal opportunities to be successful. To provide for families and not live in poor circumstances."

Letting his hair go au natural and sprinting between drills as usual, Kaepernick took the field Sunday with the 49ers as his stance drew chatter across NFL camps. THE ASSOCIATED PRESS

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IN BRIEF

Osweiler excels in Texans' win over Cardinals

Brock Osweiler threw for 146 yards and a touchdown and Houston intercepted two of Carson Palmer's passes in the Texans' 34-24 exhibition victory over the Arizona Cardinals on Sunday.

Osweiler led the Texans to scores on three of his four drives. He connected with first-round pick Will Fuller on a 26-yard touchdown pass that extended Houston's lead to 24-10 before sitting down with about three minutes left in the first half.

It was Osweiler's second successful outing after he and Houston's starting offence struggled in the team's first pre-season game. THE ASSOCIATED PRESS

Larson gets 1st Sprint Cup W

Kyle Larson raced to his first Sprint Cup victory Sunday, taking the lead on a restart with nine laps remaining and holding off Chase Elliott at Michigan International Speedway in a duel between two of NASCAR's up-and-coming standouts. THE ASSOCIATED PRESS

Rosberg closes F1 gap

Nico Rosberg won an incident-packed Belgian Grand Prix featuring a chaotic start, wild overtaking, a heavy crash, safety cars and a red flag.

The Mercedes driver's win on Sunday saw him close the gap to nine points on teammate Lewis Hamilton. THE ASSOCIATED PRESS

Barclays victory gives Reed reason to celebrates twice

Patrick Reed picked up two victories in one day. He won The Barclays to assure himself a clear shot at the $10 million bonus in the FedEx Cup, and he easily secured a spot on his second straight U.S. Ryder Cup team in Farmingdale, N.Y.

Reed overcame an early two-shot deficit and built a big enough lead on the back nine that some nervous shots and sloppy play didn't keep him from winning for the first time since the 2015 opener at Kapalua. A bogey on the final hole gave him a 1-under 70 and a one-shot victory over Sean O'Hair and Emiliano Grillo. THE ASSOCIATED PRESS

Little League World Series ends well for Endwellers

Ryan Harlost led Endwell, N.Y., to the Little League World Series title, striking out eight and limiting South Korea to five hits in six innings in a 2-1 victory Sunday in South Williamsport, Pa.

Endwell became the first U.S. winner since Huntington Beach, Calif., in 2011, and gave New York its first championship since 1964.

Conner Rush had the New York team's only RBI to give Endwell a lead it wouldn't relinquish in the bottom of the fourth. Harlost (2-0) scored the deciding run on a passed ball a batter later. THE ASSOCIATED PRESS

RECIPE Orecchiette with Turkey and Broccoli

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This is the pasta recipe you didn't know you needed. It's made with a handful of ingredients and takes no time!

Ready in 20 minutes
Prep time: 5 minutes
Cook time: 15 minutes
Serves 4 to 6

Ingredients
- 1 lb (450 g) orecchiette
- 3 Tbsp olive oil
- 4 cloves garlic, minced
- 1 onion, chopped
- 1 tsp fennel seeds or fresh thyme
- 1/2 tsp crushed dried chilis (optional)
- 1 lb ground turkey
- 4 cups of broccoli florets, cut quite small
- 1 cup chicken stock
- 1/2 cup grated Parmesan cheese

Directions

1. Cook the pasta according to package instructions.

2. Warm olive oil in a large skillet over medium heat. Add garlic, onion, fennel seeds or thyme and chilis and cook three minutes. Add the turkey and cook for another five minutes, until the meat is browned and almost cooked through.

3. Carefully add broccoli to pasta two minutes before the pasta will be done. Drain pasta and broccoli and add them to the skillet.

4. Toss everything together well. Add stock and toss more. Season to taste. Serve with a healthy sprinkle of Parmesan on top.

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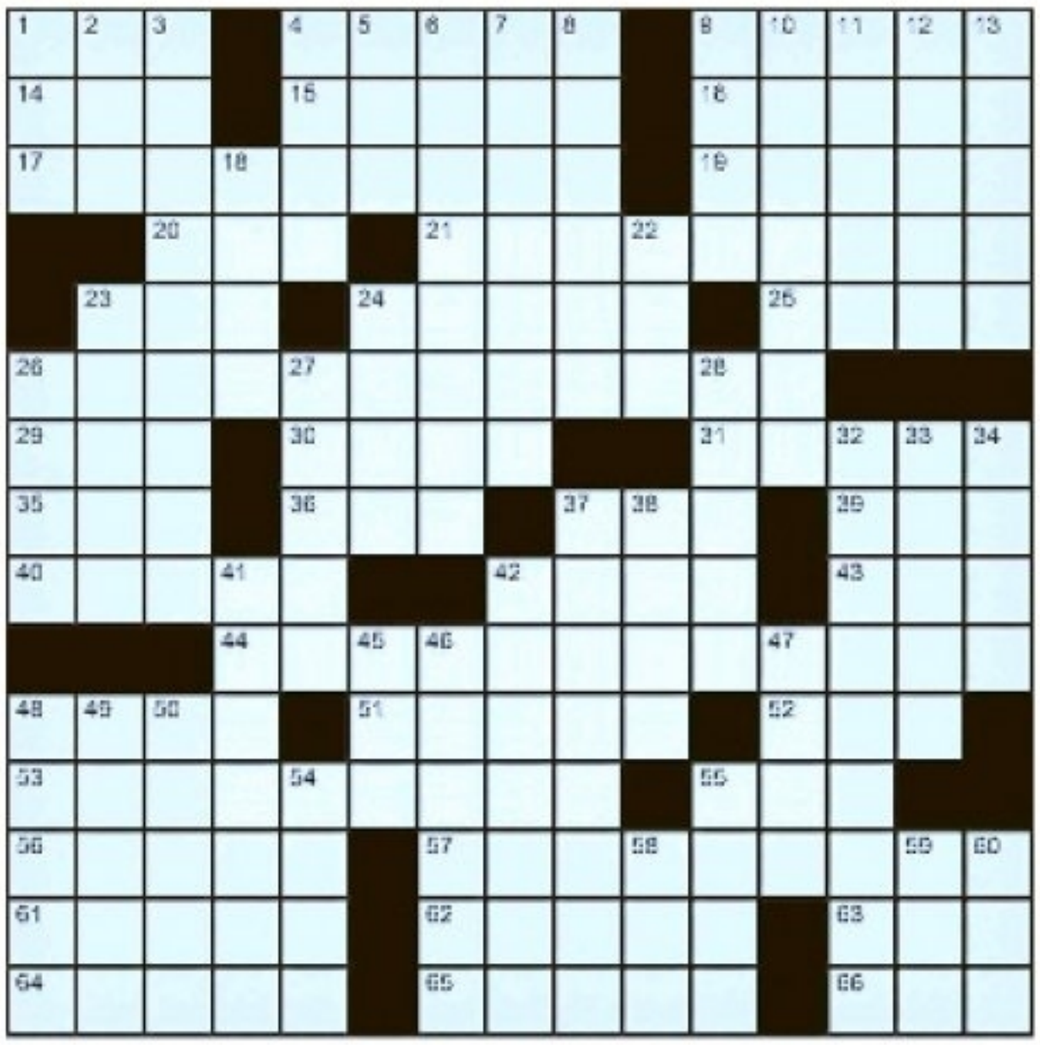
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Since-1916 car co.
4. Does restaurant kitchen work
9. Percussion stick
14. Ooh and _
15. Get the plant a new container
16. Darth of Sci-Fi
17. _ hat (Topper for Abraham Lincoln)
19. French composer Jacques
20. Fleur-de-_
21. Abundance
23. Ms. Aniston, to pals
24. Hog not
25. Last loves
26. One of the 3 Chefs on Cityline: 2 wds.
29. Comic actress Ms. Gasteyer
30. Nature shelters
31. Additional
35. Mr. Blanc
36. Cold
37. Moo _ pork (Takeout dish)
39. 'I love', in Latin
40. Place
42. Summers: French
43. Wine region of Portugal
44. Shubenacadie Provincial _ _, in Nova Scotia
48. Entreaty
51. Modern English's "_ _ With You"
52. 'Dial' add-on
53. Use rope, pitons and carabiners: 2 wds.
55. Mr. Gershwin
56. Grace's surname on Will & Grace
57. American playwright: 2 wds.
61. Country songstress Ms. Carter
62. Loosen
63. Shoe width size
64. Fidgety
65. Mr. McQueen
66. Assn.

DOWN
1. _-relief
2. Tangle, as fur
3. Costco _ Canada Ltd.
4. CEO
5. Celebrity's agt.
6. Light bulb moment
7. Forest clique trees?
8. Directs
9. Gladiator's 107
10. Mouse's sci. undertaking: 2 wds.
11. Folie _ _ (Foolishness shared by two)
12. Mesa _ National Park, in Colorado
13. Belonging to a single-named Art Deco designer
18. Wine, in Italy
22. Modern
23. Chrissy's sitcom roommate
24. Li'l requirement
26. Rocks out in rehearsal
27. Canadian songstress, _ Onukwulu
28. Fruitless: 2 wds.
32. Appeared briefly, but memorably, in the movie: 3 wds.
33. Web store, say
34. Chess piece
37. Nova Scotia's provincial mineral
38. Bulk
41. Greets the morning
42. Component
45. Beatles: What Magill called herself
46. F Plus improvement, _ _
47. Ms. Gilpin
48. The Devil Wears _ (2006)
49. Shade of green
50. Plaudit
54. Blues guitarist Robert
55. "Makes sense now.": 2 wds.
58. Ms. Ullmann
59. Poet's 'above'
60. Positive opp

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a good day to make long-range plans for the future regarding children, as well as plan for social activities. Relations with partners will improve in the next few weeks.

Taurus April 21 - May 21
Family discussions will be practical today, which is why it's a good day to think about how to do something in the future. Line up financing and practical support.

Gemini May 22 - June 21
Discussions with partners and close friends will be practical. Everyone is willing to work and postpone pleasure.

Cancer June 22 - July 23
If shopping today, you will want to buy long-lasting, practical items, definitely on sale. All financial discussions will be serious and pertain to future security.

Leo July 24 - Aug. 23
Someone older or more experienced might have advice for you today. Whatever the case, this is not a frivolous day — quite the opposite! You're concerned with how to get things done.

Virgo Aug. 24 - Sept. 23
Research of any kind will go well today. Maintain your steady effort to discover answers and solutions to old problems, because you will make headway.

Libra Sept. 24 - Oct. 23
A serious discussion, perhaps with an older female, might benefit you today. At the very least, listen to what is offered, because later, you might need this information.

Scorpio Oct. 24 - Nov. 22
Your interactions with someone in authority are strictly business today, which is why they want to know personal details about your private life. Do things according to the rules.

Sagittarius Nov. 23 - Dec. 21
Discussions about philosophy, higher education, religion and politics will be serious today. However, they will be productive because people are looking for solutions.

Capricorn Dec. 22 - Jan. 20
This is a good day to get your ducks in a row regarding taxes, debt, inheritances and shared property. Whatever effort you make today will produce results.

Aquarius Jan. 21 - Feb. 19
Be prepared to accommodate others, because the Moon is opposite your sign. Benefits will come to you through your willing acceptance of your responsibilities to others.

Pisces
Feb. 20 - March 20
It will please you to make things more practical and orderly today, because you want to be surrounded by organization. Common-sense solutions will please you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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		3		8	5			
	9			1		8		5
			9				4	
	6	2				5	9	
	3				8			
8		4		5			1	
			1	7		6		
		9						

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FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

3	7	6	1	9	4	8	2	5
4	8	1	2	5	6	9	7	3
2	9	5	8	7	3	6	4	1
6	5	3	9	2	7	4	1	8
7	1	9	6	4	8	5	3	2
8	2	4	3	1	5	7	6	9
1	4	7	5	8	2	3	9	6
5	6	2	4	3	9	1	8	7
9	3	8	7	6	1	2	5	4

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